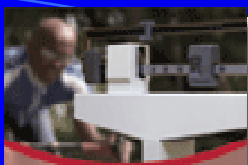




## Blood Pressure & Cholesterol

Controlling the risk factors for heart disease can lead to a longer, healthier life.



## Exercise & Weight Loss

Get Fit, Trim Down, Feel Great!

Excess weight will help you achieve your health goals. But what exercises are right for you? How often do you need to do them? When will you see results?



## Are You At Risk? Diabetes

Half of the people who have diabetes don't even know it, and our chances of developing this disease increase with age. Find out what you can do to help prevent and screen for diabetes.



## Coping With STRESS

Chronic stress may be the ultimate risk factor — some experts think it causes 50% of all disease. Evaluate your own stress, and learn some ways to reduce stress in your life.



## Portion Your Platter

Portion sizes are out of control, and it shows in our waistlines. How do you really measure up? Here's your guide to eating right, and living well.



## Smart Fast Food CHOICES

Believe it or not there are actually more healthy choices at your favorite fast food restaurant than you might think. Do you know what to look for and what to avoid on the fast?



## Tobacco Addiction

Tobacco use is deadly, expensive, and often socially unacceptable. So why doesn't everyone stop? Learn the facts about tobacco addiction and the latest on how to quit.

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## ON-SITE HEALTH SOLUTIONS' HEALTH EDUCATION MATERIALS AND SEMINARS

BLOOD PRESSURE MANAGEMENT  
 CHOLESTEROL MANAGEMENT  
 EXERCISE PROGRAM  
 WEIGHT LOSS COMPETITION  
 DIABETES MANAGEMENT  
 STRESS MANAGEMENT  
 NUTRITION MANAGEMENT  
 TOBACCO ADDICTION  
 RISK FACTOR MANAGEMENT  
 MANY OTHER PROGRAMS

WHAT ARE THE WARNING SIGNS AND HOW CAN WE LOWER BLOOD PRESSURE?  
 WHERE DOES CHOLESTEROL COME FROM AND WHAT DO THE NUMBERS MEAN?  
 HOW DO I START, SAFE PROGRAMS, PERSONAL TRAINING OPTIONS  
 "WINNING WEIGHS" TEAM WEIGHT LOSS COMPETITION, WEEKLY WEIGH -INS  
 WHO IS AT RISK? WHAT IS THE GLYCEMIC INDEX?  
 HOME OR THE WORKPLACE? HOW TO COPE WITH STRESS EAP PROGRAMS  
 PORTION DISTORTION, FAST FOOD CHOICES, READING LABELS, MANY OTHERS  
 SEMINAR OR "FREEDOM FROM SMOKING" 8 WEEK PROGRAM MEETS WEEKLY  
 WHO IS AT RISK? WHAT DO MY NUMBERS MEAN? HEREDITY FACTORS  
 BASED ON THE EXECUTIVE SUMMARY WE DEVELOP A MONTHLY CAMPAIGN